



Planning a wedding can be overwhelming. The flowers. The dress. The reception. The in-laws. For some people, the overwhelming feeling can turn into stress. Stress is a common part of everyday life and is normal when preparing for a wedding. Everyone experiences stress at some level almost every day at work, at home or with family. Unfortunately, sometimes stress can be overpowering and prevent us from performing daily tasks. Symptoms from stress can include several factors, including difficulty sleeping, fatigue, upset stomach, and restlessness.

For most soon-to-be brides and grooms, wedding stress can result from the workload that planning a wedding can potentially impose. The to-do list may seem miles long and there doesn't seem to be any way to get every task completed, while still maintaining a full-time job and household chores. To help, be sure to manage your time and stay organized. Delegate certain tasks that family and friends can handle to help in the planning. They may enjoy getting involved – and it will help you reduce your workload.

Brides and grooms-to-be can also experience stress by setting expectations too high for the wedding day. Keep in mind that not everything will go absolutely perfect. Be sure to set realistic expectations.

If you think you need to de-stress while you're preparing for the big day, there are several techniques you can try, including:

1. Get regular physical exercise.
2. Eat healthy foods, especially avoiding foods high in sugar and fat.
3. Take time to get organized and try to stay organized while planning.
4. Make a point during the day to practice easy relaxation techniques, like deep breathing or meditation.
5. Set aside time each day for YOU.
6. Be positive and accept your mistakes.
7. Laugh. Watch a funny movie or read a humorous book.
8. Get enough sleep.

If you feel that stress is affecting your every day life, or your symptoms worsen, you may be suffering from more than stress overload. The symptoms could possibly be the result of an anxiety disorder and may require more attention.

### **Help is Available**

If you think that you are becoming too overwhelmed to the point that it is disrupting every day life, talk to health care professional. The ADAMH System of Care can help. For more information or for tips on dealing with stress, please visit our Web site at [www.adamhfranklin.org](http://www.adamhfranklin.org) or call 276-CARE (2273) to get more information about seeing an ADAMH provider.

ADAMH -- the Alcohol, Drug and Mental Health Board -- is Franklin County's authority for planning, funding and evaluating mental health, alcohol and drug abuse prevention and treatment services. ADAMH-funded services are provided by a local network of not-for-profit providers and offered on a sliding-fee scale, making them affordable for any county resident, regardless of income.